



## Coping with Stress and Fiscal Fitness

- Identify and manage stressors related to being furloughed
- Learn how to have difficult conversations with family members
- Discover ways to manage frustrations of filing for unemployment benefits
- How to develop “fiscal fitness” in times of uncertainty
- Review the BHS benefits and resources available to City of Birmingham employees and their dependents

**Date:** Monday, August 24, 2020

**Time:** 10:00 AM—11:00 AM

**Location:** Zoom Webinar

Pre-registration required. <https://us02web.zoom.us/meeting/register/tZAuce6rrDwpHNAZXMx2PV0zSPtTepfkeu50>

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